

## Does organic food always have nutrition?



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Many families choose to consume organic foods such as fruits, vegetables, and eggs. When asked about the reasons for purchasing organic food, most people respond with, "Because organic food is safer and more nutritious." In this issue, the author will educate everyone about what organic farming is.

### **What is organic farming?**

Organic farming refers to agricultural practices that replace synthetic substances with methods involving agriculture, biology, or machinery. It avoids using chemical fertilizers, pesticides, or genetically modified crops and instead relies on local natural resources while adhering to the laws of natural ecology. The scope of considerations is broad, for example: an organic production area on a farm must be at least 2 meters away from non-organic areas to prevent crop contamination.



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### **Crop and Variety Selection and Diversity:**

- Seeds or propagating material used for organic cultivation should be certified as organic.
- Farms must practice crop rotation and intercropping while striving for diversification to avoid monoculture.

### **Nutrient Management:**

- Fertilization should be applied appropriately to prevent nutrient excess and environmental pollution.
- The sources, quality, quantity, and application methods of fertilizers used on the farm should be ecologically benign.
- Soil fertility should be restored through fallow periods.
- The use of chemically synthesized fertilizers, human excreta, sewage sludge, and chemical waste is prohibited.



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### **Management of Pests, Diseases, Weed, and Crop Growth:**

- Implement appropriate fertilization and irrigation management.
- Utilize physical methods, including manual techniques, fencing, light, sound frequency, heat, etc.
- Plant crops that have pest control properties (including pest repellent and attracting natural enemies).
- Prohibit the use of chemically synthesized herbicides, fungicides, insecticides, and other pesticides.

From this perspective, organic farming emphasizes ecological conservation in the cultivation process. However, when it comes to nutritional value, there isn't a significant difference between organic and non-organic foods. Furthermore, there is no evidence to suggest that children who consume organic foods are healthier or more intelligent. Of course, due to the environmental friendliness and reduced use of chemical pesticides in organic farming, I also encourage everyone to make more organic choices!

### Conventional Farming vs. Organic Farming

Conventional Farming	Organic Farming
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Safety	More commonly uses chemical pesticides and fertilizers	<ul style="list-style-type: none"> <li>● Fewer chemical pesticide</li> <li>● Emphasizes ecological environment</li> <li>● Uses non-genetically modified materials</li> </ul>
Nutrition	No significant difference	
Health	Also need to pay attention to the principles of a healthy diet: low fat, low sugar, and low salt.	